



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Ernst, Tobias

Club: Thüringer Handball Club
Number: 216

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:01:38

Speed: 12.17 km/h
Running performance: 4:56 min/km

Rank in course/Total: 85 (of 211)

Rank in course/Men: 75 (of 156)

Best time in course: 41:01

Rank in category: 17(of 22)

Best time in the category: 45:21